



## Chicken Tinga Tostaditas

 **Gluten Free**  **Very Healthy**

READY IN



75 min.

SERVINGS



1

CALORIES



2166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 avocado cut into small, thin slices
- 1 cup cabbage thinly sliced
- 1.5 tablespoons chipotles in adobo canned
- 2 tablespoons cilantro leaves chopped
- 16 small corn tortillas (4 in.)
- 0.3 cup crema mexicana with a little milk, if needed, so it's pourable
- 1 large garlic clove minced
- 0.5 teaspoon kosher salt

- 0.5 teaspoon pepper
- 0.8 cup pico de gallo
- 0.5 cup queso fresco crumbled
- 0.3 cup onion red chopped
- 2 cups chicken shredded cooked (preferably grilled)
- 2 teaspoons sugar
- 0.3 cup tomato paste
- 1 serving vegetable oil
- 1 serving frangelico
- 1 serving frangelico
- 1 serving frangelico
- 1 serving frangelico

## Equipment

- frying pan
- paper towels
- blender

## Directions

- Heat 1/4 in. oil in a large frying pan over medium-high heat until shimmering. Cook 4 tortillas at a time, turning once or twice, until deep golden and crisp, 2 to 3 minutes.
- Transfer to paper towels; set aside.
- Spoon 1 tbsp. hot oil into a second large frying pan over medium-high heat. Saut onion a few minutes until golden, then add garlic, salt, and pepper and cook until garlic starts to brown, 30 to 60 seconds. Stir in 3/4 cup water, the tomato paste, chipotle pure, and sugar; add chicken. Cook, stirring, until bubbling, about 2 minutes. Stir in more water if needed to make it saucy.
- Set tortillas on plates. Top with chicken.
- Garnish with cabbage, salsa, queso fresco, cilantro, and avocado.
- Drizzle with crema.

\*Find canned chipotle chiles, queso fresco, and crema at Latino markets. Pure contents of chipotle can in a blender; keeps, chilled, up to 1 month.

Note: Nutritional data is per tostadita.

## Nutrition Facts

**PROTEIN 20.27%** **FAT 33.65%** **CARBS 46.08%**

### Properties

Glycemic Index:370.59, Glycemic Load:93.39, Inflammation Score:-10, Nutrition Score:70.577825960906%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg

### Nutrients (% of daily need)

Calories: 2165.67kcal (108.28%), Fat: 83.43g (128.35%), Saturated Fat: 19.22g (120.13%), Carbohydrates: 257.1g (85.7%), Net Carbohydrates: 216.45g (78.71%), Sugar: 44.97g (49.96%), Cholesterol: 283.36mg (94.45%), Sodium: 3997.74mg (173.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 113.11g (226.23%), Phosphorus: 2221.67mg (222.17%), Fiber: 40.65g (162.58%), Vitamin B3: 32.34mg (161.69%), Selenium: 110.85µg (158.35%), Vitamin B6: 2.68mg (134.06%), Magnesium: 444.71mg (111.18%), Vitamin K: 112.46µg (107.1%), Manganese: 2.1mg (105.04%), Calcium: 894.26mg (89.43%), Zinc: 12.58mg (83.89%), Potassium: 2852.53mg (81.5%), Vitamin C: 63.82mg (77.35%), Iron: 12.26mg (68.13%), Copper: 1.3mg (65.24%), Vitamin B2: 1.07mg (62.65%), Vitamin A: 2954.28IU (59.09%), Vitamin B5: 5.12mg (51.16%), Vitamin B1: 0.77mg (51.04%), Vitamin E: 7.58mg (50.52%), Folate: 166.79µg (41.7%), Vitamin B12: 1.84µg (30.61%), Vitamin D: 1.65µg (10.98%)